

# CHARTING A NEW COURSE

## VALLEY PROGRAM FOR AGING SERVICES

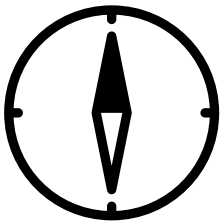
### STRATEGIC PLAN 2020-2024



**MISSION:** TO EMPOWER THOSE 60 YEARS AND OLDER WITH THE RESOURCES AND OPPORTUNITIES THEY NEED TO LIVE ENGAGED LIVES.

**VISION:** TO BE THE PREMIER ORGANIZATION IN THE CENTRAL SHENANDOAH VALLEY FOR SUPPORTING SUCCESSFUL AGING IN PLACE.

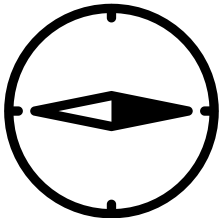
#### EQUIPPED AND CONFIDENT



**We are educated, informed and prepared for our older years.**

1. Caregivers of older adults are equipped through knowledge, skills and support services. 2. Local communities become “Dementia Friendly” through certified training and advocacy. 3. Older adults are “Aging with Confidence” through VPAS branded educational programs.

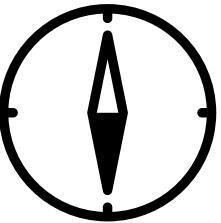
#### ACTIVE AND HEALTHY



**We are aging well physically, emotionally, socially and intellectually.**

1. Congregate meal programs are assessed and redesigned. 2. Wellness is promoted through unique health management classes. 3. Adults contribute their talents and expertise to lead VPAS programs and volunteer in their communities.

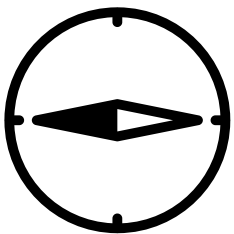
#### CONNECTED AND SUPPORTED



**We have access to services and resources to help us age successfully.**

1. Funds are identified to address critical needs, such as transportation. 2. In-Home Services, including homemaker services and home repair and modification services are expanded to enable aging in place. 3. Adults are supported in having a “voice” in their communities to advocate for their concerns.

#### INNOVATIVE AND COLLABORATIVE



**VPAS is recognized as a leader and partner in the aging industry and within its communities.**

1. VPAS invests in outreach strategies to increase visibility and awareness of mission and services. 2. VPAS invests in its staff, volunteers and resources by identifying and responding to strengths and opportunities. 3. VPAS invests in key partnerships to meet objectives and promote excellence in aging. 4. VPAS Board of Directors and Advisory Council explore and implement ways to maximize collaboration.